

New Year New You

Connecting our Whole Community to Wellness, the Outdoors and Lifelong Learning



January 4 - 10, 2016

Land & Water Aerobics

Martial Arts

Open Gym & Swim

Dance Classes

Racquet Sports

Fitness Explosion and More!

Free!

**Durham Parks and Recreation
400 Cleveland Street
919-560-4355**



WWW.DPRPLAYMORE.ORG



Edison Johnson Recreation Center

500 West Murray Avenue (919) 560-4270

Monday, January 4

9 a.m. - 10 a.m.	Mature Adult Exercise (MA)
3 p.m. - 8 p.m.	Teen Room (T)
6 p.m. - 7 p.m.	Beginner Karate (Y)
6:15 p.m.-7:15 p.m.	Spinning (A/MA)
7:15 p.m. - 8:15 p.m.	Intermediate Karate (T, A, MA)

Tuesday, January 5

9 a.m. - 11 a.m.	Square Dance (M)
10:15 a.m. - 12:15 p.m.	Total Tot Time (P)
3 p.m. - 8 p.m.	Teen Room (T)
6:15 p.m. - 7:15 p.m.	Zumba (A/MA)

Wednesday, January 6

9 a.m. - 10 a.m.	Mature Adult Exercise^^ (MA)
3 p.m. - 8 p.m.	Teen Room (T)
6:15 p.m.- 7:15 p.m.	Spinning (A/MA)
7 p.m. - 8 p.m.	Tai Chi** (A/MA)

Thursday, January 7

10:15 a.m. - 12:15 p.m.	Total Tot Time (P)
12 p.m. - 3 p.m.	Bridge (MA)
3 p.m. - 8 p.m.	Teen Room (T)
6:15 p.m. - 7:15 p.m.	Zumba® (A/MA)

Friday, January 8

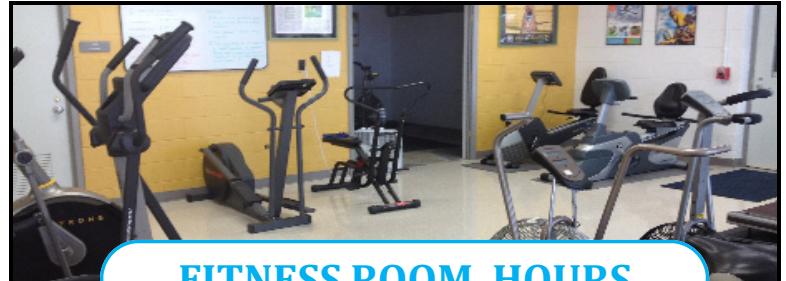
9 a.m. - 10 a.m.	Mature Adult Exercise (MA)
10 a.m. - 11 a.m.	Kid Fit (P)
3 p.m. - 8 p.m.	Teen Room (T)
6:30 p.m.- 8:30 p.m.	Teen Open Gym Basketball (T)

Saturday, January 9

1 p.m. - 6 p.m.	Teen Room (T)
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Sunday, January 10

1 p.m. - 6 p.m.	Racquetball and Wallyball (T/A/MA)
1 p.m. - 6 p.m.	Teen Room (T)



FITNESS ROOM HOURS

Mon.-Thurs.	8:30 a.m. - 5:30 p.m. 7:30 p.m. - 9 p.m.
Friday	8:30 a.m. - 8 p.m.
Saturday	8:30 a.m. - 1 p.m. 3 p.m. - 6 p.m.
Sunday	3 p.m. - 6 p.m.



**These classes qualify as a Wellness Activity for the 2016-2017 Insurance Wellness Credit for City of Durham employees. Sign in at the class with your name, department, and employee number for credit.

^^These classes qualify as a Wellness Activity for the 2016-2017 Insurance Wellness Credit for City of Durham retirees. Sign in at the class with your name and department at time of retirement for credit.

January 4 - 10, 2016

Holton Career and Resource Center

401 North Driver Street (919) 354-2750

Monday, January 4

- 6 p.m. - 7 p.m. Youth Hip Hop Dance (Y)
6 p.m. - 8 p.m. Youth Indoor Soccer (Y)

Tuesday, January 5

- 10 a.m. - 10:40 a.m. Chair Exercise (MA)
6 p.m. - 6:45 p.m. Youth Cheerleading (Y)
7 p.m. - 8 p.m. Zumba (T, A)
6 p.m. - 9 p.m. Teen Open Gym (T)

Wednesday, January 6

- 5:30 p.m. - 7:30 p.m. A & MA Open Gym (A, MA)
7 p.m. - 8 p.m. Latin Dance** (T, A)

Thursday, January 7

- 10 a.m. - 10:40 a.m. Chair Exercise (MA)
6 p.m. - 7 p.m. Korean Karate (Y, T, A)
6 p.m. - 9 p.m. Teen Open Gym (T)

Friday, January 8

- 6 p.m. - 7 p.m. Hip Hop Dance (T)
7 p.m. - 10 p.m. Teen Night (T)

Saturday, January 9

- 10 a.m. - 1 p.m. Youth Open Gym (Y)
11 a.m. - 11:45 Tiny Tots Ballet (P)
1:30 p.m. - 4 p.m. Teen Open Gym (T)

Sunday, January 10

- 1:30 p.m. - 4 p.m. Teen Open Gym (T)

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Fitness Room hours

January 4 through 10

Mon.-Thurs.	9 a.m.-8:30 p.m.
Friday	9 a.m.-10:30 p.m.
Saturday	9 a.m.-5:30 p.m.
Sunday	1:30 p.m.-5:30 p.m.



Computer Lab Hours

January 4 - 10

Mon.-Thurs.	6 p.m.-8 p.m.
Friday	7 p.m.-10 p.m.
Saturday	2 p.m.-5 p.m.
Sunday	2 p.m.-5 p.m.

I.R. Holmes, Sr. Recreation Center

at Campus Hills Park 2000 South Alston Ave. (919) 560-4444

Monday, January 4

12 p.m. - 1 p.m. Yoga (A/MA)
2:45 p.m. - 4:45 p.m. Teen Open Gym Basketball (T)
6:15 p.m. - 7:15 p.m. Zumba® (A/MA)

Tuesday, January 5

9 a.m. - 10 a.m. Mature Adults Get Fit with Style (MA)
10 a.m. - 11 a.m. Mature Men on Weights (MA)
6:15 p.m. - 7:15 p.m. ABA: Abs, Buns, and Arms** (A/MA)

Wednesday, January 6

9 a.m. - 10 a.m. Mature Adult Line Dancing (MA)
10:15 a.m. - 12:15 p.m. Total Tot Time (P)
2:45 p.m. - 4:45 p.m. Teen Open Gym Basketball (T)

Thursday, January 7

9 a.m. - 10 a.m. Mature Adults Get Fit with Style (MA)
12 p.m. - 1 p.m. Yoga** (A/MA)

Friday, January 8

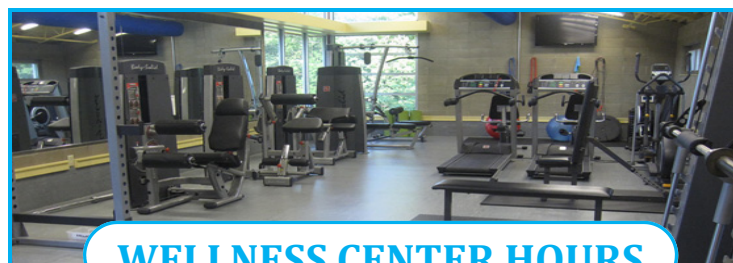
2:45 p.m. - 4:45 p.m. Teen Open Gym Basketball (T)

Saturday, January 9

8 a.m. - 6 p.m. Racquetball (T/A/MA)

Sunday, January 10

1:45 p.m. - 3:45 p.m. Teen Open Gym Basketball (T)
3:45 p.m. - 5:45 p.m. Adult Open Gym Basketball (A)



WELLNESS CENTER HOURS

Monday/Wednesday	6 a.m. - 8:30 a.m. 11:45 a.m. - 2:45 p.m. 5:30 p.m. - 8:30 p.m.
Tuesday/Thursday	11:45 a.m. - 2:45 p.m. 5:30 p.m. - 8:30 p.m.
Friday	6 a.m. - 8:30 a.m. 11:45 a.m. - 2:45 p.m. 5 p.m. - 8 p.m.
Saturday	9:30 a.m. - 1 p.m.

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CFLRC at Lyon Park

1309 Halley St. (919) 560-4288

Monday, January 4

4 p.m. - 6 p.m. Project T.E.A.M. (T)
6:30 p.m. - 8:30 p.m. Teen Open Gym (T)

Tuesday, January 5

4 p.m. - 6 p.m. Project T.E.A.M. (T)
6 p.m. - 8 p.m. Teen Open Rec (T)

Wednesday, January 6

4 p.m. - 6 p.m. Project T.E.A.M. (T)

Thursday, January 7

11:00 a.m. - 11:40 a.m. Gospel Movement (A)
4 p.m. - 6 p.m. Project T.E.A.M. (T)
6 p.m. - 8 p.m. Teen Open Rec (T)

Friday, January 8

6 p.m. - 10 p.m. Teen Night (T)

Saturday, January 9

3 p.m. - 6 p.m. Teen Open Gym (T)

January 4 - 10, 2016

W.D. Hill Recreation Center

1308 Fayetteville Street

(919) 560-4292

Monday, January 4

6:15 p.m. - 7:15 p.m. DREAM (Hip-Hop Dance) (T)

Tuesday, January 5

6 p.m. - 8 p.m. Teen Open Recreation (T)

6:15 p.m. - 7:15 p.m. Modern Dance for Youth (Y)

6:15 p.m. - 7:15 p.m. Zumba (A/MA)

Wednesday, January 6

6:15 p.m. - 7:15 p.m. Hip Hop Dance (Y)

Thursday, January 7

6:15 p.m. - 7:15 p.m. Cheerleading (Y)

Friday, January 8

6 p.m. - 10 p.m. Teen Night (T)

6:15 p.m. - 7:15 p.m. Tae Kwon Do (Y)

Saturday, January 9

9 a.m. - 1 p.m. Youth Open Rec (Y)

10 a.m. - 11 a.m. Youth African Dance (Y)

11:15 a.m. - 12:15 p.m. African Cardio Blast** (A/MA)

4 p.m. - 6 p.m. Adult Open Gym Basketball (A/MA)



GUIDE TO PROGRAM AGES

P Preschool ages 5 and under

Y Youth ages 5-12

T Teens ages 13-17

A Adults ages 18 and up

MA Mature Adult ages 55 and better

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Walltown Park Recreation Center

1308 West Club Blvd (919) 560-4296

Monday, January 4

10 a.m. - 11 a.m.
10 a.m. - 12 p.m.
12 p.m. - 1 p.m.
6 p.m. - 7 p.m.

6:15 p.m. - 7:15 p.m.
7:30 p.m. - 8:30 p.m.

Tuesday, January 5

12 p.m. - 1 p.m.
3 p.m. - 5:30 p.m.
6:15 p.m. - 7:15 p.m.
7:15 p.m. - 8:15 p.m.

Wednesday, January 6

10 a.m. - 11 a.m.
12 p.m. - 1 p.m.
11 a.m. - 12:30 p.m.
6 p.m. - 7 p.m.

6 p.m. - 9 p.m.
6:15 p.m. - 7:15 p.m.
6 p.m. - 7:30 p.m.

Thursday, January 7

11 a.m. - 12 p.m.
12 p.m. - 1 p.m.
3 p.m. - 5:30 p.m.
6 p.m. - 7 p.m.

6:15 p.m. - 7:15 p.m.

Friday, January 8

10 a.m. - 12 p.m.
6:30 p.m. - 8:30 p.m.

Saturday, January 9

2 p.m. - 6 p.m.

Sunday, January 10

1 p.m. - 2:30 p.m.
1 p.m. - 6 p.m.

Arthritis Exercise (MA)
Total Tot Time (P)
Yoga (A/MA)
Chalk Talk: Your Children and Sports (Y/T/A/MA)
Dance Fusion** (A/MA)
Cardio Kickboxing (A/MA)

H.A.B.I.T. Training (A/MA)
Pickleball (A/MA)
C-Fit Toning & Fat Burning (A/MA)
Zumba (A/MA)

Arthritis Exercise (MA)
Yoga (A/MA)
Dance Fusion (A/MA)
Chalk Talk: Your Children and Sports (Y/T/A/MA)
Adult Open Gym Basketball (A/MA)
Zumba® (A/MA)
Smoothie Happy Hour (Y/T/A/MA)

Oriental Dance (A/MA)
H.A.B.I.T. Training (A/MA)
Pickleball (A/MA)
Healthy Cooking Demonstration (Y/T/A/MA)
C-Fit Toning & Fat Burning (A/MA)

Total Tot Time (P)
Fitness Explosion (T/A/MA)

Pickleball (A/MA)

Teen Open Gym (T)
Adult Open Gym Volleyball (A)

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FITNESS AREA HOURS

Mon-Thurs	8:30 a.m. - 9 p.m.
Friday	8:30 a.m. - 10 p.m.
Saturday	8:30 a.m. - 6 p.m.
Sunday	1 p.m. - 6 p.m.

Smoothie "HAPPY" Hour

Wednesday, January 6, 6:00 p.m. - 7:30 p.m.

Come see how easy it is to make a refreshingly healthy drink that will give you a quick energy boost. Participants will be given samples of smoothies while completing their work out plan.



January 4 - 10, 2016

DPR Aquatics

Campus Hills Pool

2000 South Alston Ave.

(919) 560-4444

Edison Johnson Aquatic Center

500 W. Murray Ave. (919) 560-4265

Monday, January 4

6 a.m. - 10 a.m. Lap Swim (CHP) (T/A/MA)
10 a.m. - 12 p.m. Recreational Swim (CHP)
7:00 p.m. - 7:45 p.m. Shallow Water Exercise (CHP) (T/A/MA)

Tuesday, January 5

6 a.m. - 10 a.m. Lap Swim (EJAC) (T/A/MA)
9 a.m. - 12 p.m. Recreational Swim (EJAC) (P/Y/T/A/MA)
12:15 p.m. - 1 p.m. Shallow Water Exercise (CHP) (T/A/MA)
7 p.m. - 7:45 p.m. Teen Swim Lessons (CHP) (T)

Wednesday, January 6

6 a.m. - 10 a.m. Lap Swim at CHP (T/A/MA)
1 p.m. - 3:30 p.m. Recreational Swim at CHP (P/Y/T/A/MA)
6:15 p.m. - 7 p.m. Water Exercise (EJAC) (T/A/MA)

Thursday, January 7

6 a.m. - 10 a.m. Lap Swim (EJAC) (T/A/MA)
9 a.m. - 12 p.m. Recreational Swim (EJAC) (P/Y/T/A/MA)
12:15 p.m. - 1 p.m. Shallow Water Exercise at CHP^^ (T/A/MA)

Friday, January 8

11 a.m. - 11:45 a.m. Aqua Arthritis (EJAC) (A/MA)
5:30 p.m. - 7:30 p.m. Recreational Swim (EJAC) (P/Y/T/A/MA)

Saturday, January 9

10:15 a.m. - 10:45 p.m. Aqua Babies and Aqua Tots (CHP) (P)

Edison Johnson Aquatic Center (EJAC)

Campus Hills Pool (CHP)



AQUATICS INFORMATION

Lap Swim, Recreational Swim, and Water Exercise classes are offered at additional times throughout the week. The selected days/times listed are offered free during Fun Fitness Week.

DPR Aquatics also offers Red Cross swim lessons for all ages, and certification training courses.

Please call the pools for details on aquatic programs and activities!

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GUIDE TO PROGRAM AGES

- P** Preschool ages 5 and under
- Y** Youth ages 5-12
- T** Teens ages 13-17
- A** Adults ages 18 and up
- MA** Mature Adult ages 55 and better

New Year New You (NY2) -

Connecting our Whole Community to Wellness, the Outdoors and Lifelong Learning

Fitness Explosion

To kick off the New Year, Durham Parks and Recreation is excited to present our 2nd annual Fitness Explosion! Join us as our talented instructors lead you through exercise and work out routines. Whether you are a veteran or a first-timer, you are sure to enjoy this special fitness event!



H.A.B.I.T. with Amanda - 6:30 p.m.

Hip Hop Dance with Cheryl - 6:45 p.m.

Latin Dance with Yholima - 7 p.m.

Zumba with Sara - 7:15 p.m.

Dance Fusion with Femi - 7:30 p.m.

Zumba with Heidi - 7:45 p.m.

ABA with Suzette - 8 p.m.

African Cardio Blast with Natikwa - 8:15 p.m.



Friday, January 8

6:30 p.m. - 8:30 p.m.

Walltown Park Recreation Center
1308 West Club Blvd.
(919) 560-4296

Durham Parks and Recreation provides opportunities for our community to Play More.